

C L A I M S

1. Vegetable oil which contains at least 180 ppm of olive phenolics, characterized in that the oil comprises a dispersion of at least 0.05 - 0.5 wt.% of solid matter derived of olive fruit with a particle size of 0.1 μ m - 5 mm and in that at least 18 ppm of the olive phenolics is associated with said particles.
2. Vegetable oil according to claim 1, characterized by a bitterness score of less than 3.
3. Vegetable oil according to claim 1, characterized by a phenolics content of at least 300 ppm and a bitterness score of less than 5.
4. Method of enhancing the nutritional value of a food product by incorporating in the food product solid matter derived from olives with a particle size of 0.1 μ m - 5 mm, characterized in that the used olives have not been subjected to a debittering treatment.
5. Method according to claim 4, whereby the olives derived solid matter is added to the food product in an amount of 0.05 - 0.5 wt.%, preferably 0.1 - 0.3 wt.%.
6. Method according to any one of claims 4 - 5, whereby the solid matter is chosen from the group consisting of 1. particles of unprocessed olives, 2. the solids which settle at the bottom of tanks in which the oil resulting from olives pressing is stored and 3.

particles of the cake which remains after pressing the liquid phase from olives.

7. Method according to claims 4 or 6, whereby the obtained food product contains at least 10 ppm of olive derived phenolic compounds.
8. Method according to any one of claims 4 - 7, whereby the food product is a vegetable oil, preferably an olive oil.
9. Method according to claim 8, whereby the olive solid matter is allowed to soak in the oil for at least one minute and then is separated from the oil.
10. Method according to any one of claims 4 - 7, whereby the food product is chosen from the group consisting of a spread, a salad dressing, mayonnaise or a sauce.
11. Food product obtained by the method according to any one of claims 4 - 10.
12. Food product prepared with the oil obtained with the method according to claims 8 or 9.